

Resources For Teachers and Coaches

Info on Child Focus, direct care providers for FHSD.

<https://www.child-focus.org/>

Info about 1N5, education and training.

Phone number: 513-814-3007

Website: <https://1n5.org/>

Educator Resources for Screening Student's Mental Health

<https://www.closegap.org/>

<https://www.mindwise.org/>

Coping w/ Stressful News and Headlines

<https://www.npr.org/2022/02/25/1083077194/news-anxiety-tips-self-care>

<https://www.npr.org/2020/10/23/927134772/when-the-headlines-wont-stop-here-s-how-to-cope-with-anxiety>

Teacher Mental Health & Wellness

<https://www.parents.com/news/americas-teachers-are-facing-a-mental-health-crisis-too/>

<https://mhanational.org/teachers-protecting-your-mental-health>

<https://www.gse.harvard.edu/news/uk/19/12/safeguarding-mental-health-teachers>

[16 Seconds](#)

Student Mental Health and Wellness Activities

[Rainbow Breath](#)

[5-4-3-2-1 Method](#)

[5 Finger Breathing](#)

Student Mental Health and Wellness Activities *continued*

[6 Ways to Embed Mental Wellness Into Classroom Culture](#)

[Safer Smarter Teens](#)

[Friend2Friend](#)

For Coaches

Reclaim Your Power

[The Success Secret for Athletic Coaches](#)

[The Most Powerful Thing Athletic Coaches Can Take from the Business World](#)

[The Most Powerful Thing Athletic Coaches Can Take from the Business World](#)

[Three Steps to Optimize Your Mental Game As an Athletic Coach](#)

Misc. Resources

[Creating Caring Communities: Student and Staff Well-Being](#)

<https://www.nami.org/Home>

<https://www.prevention-first.org/home/>

<https://mindpeacecincinnati.com/>

[ACEs](#)

[5 Ways to Build Resilience in Students](#)

[Risk and Protective Factors in Youth](#)

National Crisis Numbers

<https://suicidepreventionlifeline.org/>

<https://www.crisistextline.org/>

Hamilton County Crisis Info

<https://www.hcmhrsb.org/services/crisis-and-emergency->

[services/#:~:text=Crisis%20hotline%2024%2F7%20call,or%20Text%20Talbert%20t](https://www.hcmhrsb.org/services/#:~:text=Crisis%20hotline%2024%2F7%20call,or%20Text%20Talbert%20t)

[o%20839863.&text=Mental%20Health%20Access%20Point%20\(MHAP,Crisis%20S](https://www.hcmhrsb.org/services/#:~:text=Crisis%20hotline%2024%2F7%20call,or%20Text%20Talbert%20t)

[tabilization%20for%20Adult](https://www.hcmhrsb.org/services/#:~:text=Crisis%20hotline%2024%2F7%20call,or%20Text%20Talbert%20t)